

Worksheet 11:

Charlie's story – additional information

Charlie is a retired chef who owned his own traditional English café. Prior to going into hospital Charlie was preparing his own meals, having lost very few of his skills as a chef.

Because Charlie worked very long, set hours he still maintains strict routines for his eating and drinking habits:

6am – cup of tea

8am – breakfast – tea, cereal, toast and marmalade

12.30 – lunch – sandwich with crisps or homemade soup and roll, fizzy water, cup of tea

8pm – dinner – two courses: main and pudding, rum and cola

Favourites: roast dinner, homemade pasta, curry, apple crumble and custard, sticky toffee pudding, bacon and egg, fish pie, sausage and mash, toast, cheese and onion crisps, tea with milk and one sugar, rum and cola, fizzy water.

Least favourite: coffee and anything flavoured with coffee, 'bland food', plain boiled rice, natural yogurt, strong cheese, greasy food.

Ability: peeling fruit and vegetables, meal planning, making pasta, making soup, chopping vegetables, cooking at correct temperatures, using cooker.

Difficulty: initiating any of the above tasks, remembering cooking times (he frequently burns food), focusing on eating (he is easily distracted), initiating cleaning/washing up.

Important people: His wife Marge, who died seven years ago, son and grandchildren, old café customers.